UNITED STATES DEPARTMENT of the INTERIOR

FISH AND WILDLIFE SERVICE

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SEA SCALLOPS--A TWELVE MONTH SHELLFISH FAVORITE

Sea scallops, considered by many as one of the tastiest foods from the deep, are plentiful and economical, and they are never out of season. The ocean variety of scallops is harvested and marketed the year around.

Scallops are active swimmers, moving freely through the waters of the sea. The active opening and closing of its shell, controlled by the adductor muscle, provides a form of water-jet locomotion for the scallop. The sweet, firm-fleshed adductor muscle, often called the "eye," is the part of the scallop which Americans so thoroughly enjoy. Europeans, on the other hand, consume the entire scallop meat in much the same manner as Americans consume oysters and clams.

The sea scallop is harvested from the deep waters off the North and Middle Atlantic States. The majority of the catch of this delicious shellfish is landed at the old whaling port of New Bedford, Massachusetts, which is known to many as "The Scallop Center of the World." The sea scallop shell is saucer-shaped and sometimes grows to a diameter of eight inches.

Shoppers find that scallops as marketed are one of the best buys because they are 100% edible--no waste. Scallops are available in a variety of market forms including fresh, fresh frozen, frozen breaded, frozen French fried, and in packaged frozen dinners. Scallop meats are lean, light, and firm; and contain the easily digested animal protein so necessary for body growth and repair. The scallop is also an excellent source of calcium, phosphorus, iron, copper, and iodine. It is characterized by an extremely low fat content.

The most familiar scallop main dishes are deep-fried or pan-fried. Scallops are also served in cocktails, appetizers, soups, casseroles, and salads with equally satisfying results. Delicious, never out of season, sea scallops provide delectable eating.

Home economists of the Bureau of Commercial Fisheries recommend the following recipes which are both appetizing and economical. Additional recipes contained in the United States Department of the Interior's recipe publication How to Cook Scallops may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D. C. Price 25 cents.

SCALLOP THERMIDOR

1 pound scallops, fresh or frozen

l quart boiling water

2 tablespoons salt

1 can (4 ounces) mushroom stems

and pieces, drained

the cup butter or margarine, melted to cup flour

1 teaspoon salt

teaspoon powdered mustard

Dash cayenne pepper

2 cups milk

2 tablespoons chopped parsley

Grated Parmesan cheese

Paprika

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place in boiling salted water. Cover and bring to the boiling point. Reduce heat and simmer for 3 to 4 minutes, depending on size. Drain. Cut large scallops in half. Fry mushrooms in butter for 5 minutes. Blend in flour and seasonings. Add milk gradually and cook until thick, stirring constantly. Add scallops and parsley. Place in 6 well-greased, individual shells or 5-ounce custard cups. Sprinkle with cheese and paprika. Bake in a hot oven, 4000 F., for 10 to 15 minutes or until cheese browns. Serves 6.

SCALLOPS AMANDINE

2 pounds scallops, fresh or frozen 1 teaspoon salt Dash pepper de cup flour

top blanched slivered almonds 1 cup butter or margarine, melted 2 tablespoons chopped parsley Toast points

Thew frozen scallops. Rinse with cold water to remove any shell particles. Cut large scallops in half. Sprinkle scallops with salt and pepper. Roll in flour. Fry almonds in butter until lightly browned. Remove almonds. Add scallops and continue frying. When scallops are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 to 6 minutes. Add parsley and almonds. Serve on toast points. Serves 6.

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